

# SENIOR CONNECTIONS™



## Pack the Perfect Picnic Basket

**L**OOKING FOR A FUN (and inexpensive) weekend activity to do with friends and family? Nothing says summer like an old-fashioned picnic.

Whether you picnic in a park or in your own backyard, packing something tasty and healthful is easier than you might think. Start by following these five tips:

**1 Bring what's in season.** From berries to cherries, bell peppers to green beans, many fruits and veggies are freshest in summer. So make a colorful and healthful variety a part of your picnic. Enjoy them raw with a low-fat dip. Fill a container with a fresh-fruit medley. Make a chopped-veggie salad with brown rice and beans. Or top a green salad with sweet berries.

**2 Reimagine your sandwich.** A PB&J isn't your only option. Try a whole-wheat wrap with lean turkey and low-fat cheese. Add lettuce, spinach, avocados and tomatoes for a healthy dose of vegetables. Or how about a chicken, olive oil, feta and tomato combo?

**3 Make it fun to eat.** Use cookie cutters to turn kids' sandwiches into interesting shapes that even fussy eaters can't ignore. Kids also love fruit and vegetable kebabs. Serve them with a sweet or savory yogurt dip.

**4 Pack a thirst-quencher.** Fill a water bottle with 100 percent fruit juice, ice and sparkling water. Add lime, orange or strawberry slices.

**5 Don't spoil your picnic.** Hot temperatures can quickly turn good food bad. To help steer clear of food poisoning:

■ Place perishable food in a cooler with ice or frozen gel packs. Park the cooler in the shade. If you don't have a cooler, you can safely bring nonperishables to the picnic like fruits and veggies, hard cheese, canned fish, or peanut butter to pair with bread or crackers.

■ If you're going to grill, keep raw meats separate from other foods. And use a thermometer to make sure meat is thoroughly cooked.

One final tip: Picnickers of all ages will want to do things besides eat. So bring something to play with. Pack a ball to toss or kick. Or pack some paper and colored pencils, and invite everyone to draw nature.

SOURCES: ACADEMY OF NUTRITION AND DIETETICS; AMERICAN INSTITUTE FOR CANCER RESEARCH; INTERNATIONAL FOOD INFORMATION COUNCIL; U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

**2** PHYSICIANS URGENT CARE  
NOW OPEN SATURDAYS

**4** WORLD-CLASS SPINE  
SURGEON JOINS RMH

**8** FAMILY SUPPORT GROUP  
SPREADS HOPE



## On the trail to safety

**N**ow that the weather is nice, you might be tempted to take a hike. But before you set off to explore the great outdoors, keep these five safety tips in mind:

- 1 Have a plan.** And don't keep it to yourself. Let someone know where you're going and when you expect to return. If you're hiking with a group, decide where you're going to meet if you get separated. This could be back at the trailhead, at the car or at a big rock.
- 2 Dress for success.** Wear clothing and footwear appropriate for the terrain and season. If ticks are running rampant, wear a long-sleeved shirt, long pants and shoes—not sandals. Use insect repellent that includes the ingredient DEET.

Bringing kids along? Be sure to dress them in bright colors so they can be easily seen.

- 3 Educate yourself.** If poison oak, sumac or ivy grow where you'll be hiking,



learn how to recognize them so you can avoid them—and the nasty, itchy rashes they can give you.

- 4 Pack appropriately.** Bring water, food, a cellphone, a map or compass, a whistle, a headlamp, and a flashlight.

- 5 Choose wisely.** Hike on an established trail, and stay out of areas declared off limits to hikers.

SOURCES: AMERICAN COLLEGE OF EMERGENCY PHYSICIANS; NATIONAL PARK SERVICE; RECREATION.GOV

## Physicians Urgent Care at Griffiss



## Physicians Urgent Care at Griffiss: Now open Saturdays!

**P**hysicians Urgent Care at Griffiss is now open every Saturday. If you have a minor health problem, such as a sprain, broken bone, cut, backache, job-related injury or common illness, visit Physicians Urgent Care—open Monday through Friday, 8 a.m. to 6 p.m., and now 9 a.m. to 3 p.m. on Saturdays.

### CONVENIENT CARE

“Providing Saturday and evening hours when most physician practices are closed gives our community an alternative to the Emergency Department for minor illnesses and injuries,” says David Lundquist, Rome Memorial Hospital President and CEO. “We’re pleased that our collaboration with Slocum-Dickson Medical Group has enabled us to expand hours once again to meet the needs of our community.”

### WALK RIGHT IN

Physicians Urgent Care, located in the Mohawk Glen medical building, 91 Perimeter Road, Suite 120 (in the rear of the building), provides prompt walk-in care with no appointment needed for patients ages 2 and older and participates with most major insurance plans, including Medicare and Medicaid.

With expert providers from Slocum-Dickson Medical Group, physicians work in collaboration with nurse practitioners and physician assistants to offer the community expert, personal care.

*When spring cleaning chores lead to minor bumps or sprains, Physicians Urgent Care at Griffiss provides prompt walk-in care with no appointment needed. For more information, call 315-356-7777.*



## New treatment for pain and trauma

RMH EXPANDS OCCUPATIONAL THERAPY SERVICES WITH CRANIOSACRAL THERAPY

**C**hestnut Commons Physical and Occupational Therapy now has a certified therapist to provide craniosacral therapy (CST) for patients with chronic pain and medical concerns such as migraine headaches, fibromyalgia, central nervous system disorders or post-traumatic stress disorders (PTSD).

**WHAT IS CST?** CST is a gentle, hands-on method of evaluating and enhancing the function of a physiological body system called the craniosacral system. This system is composed of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. The therapy focuses on the role the musculoskeletal system plays in the functioning of the nervous system and complements the natural healing processes of the body.

**FROM MIGRAINES TO PTSD.** CST has proven effective for a wide range of medical problems related to pain and dysfunction, including:

- Migraine headaches.
- Sinus problems.
- Temporomandibular joint dysfunction (TMJ).
- Chronic neck and back pain.
- Chronic fatigue syndrome.
- Fibromyalgia.
- Post-traumatic stress disorder.
- Trauma of any kind.
- Post-surgical recovery.
- Chronic fatigue.
- Central nervous system disorders.

### YOU'RE IN EXPERT HANDS.

Occupational therapist Trista Richardson, MS, OTR/L, has received advanced certification focusing heavily on the workings of the anatomy of the brain and spinal cord, the importance of cranial nerves, and how these all relate to the complete craniosacral system. Trista earned her certification from Upledger Institute International in Palm Beach Gardens, Florida, a health care resource center recognized worldwide for its comprehensive education programs and advanced treatment options. She is certified to treat adults and children age 4 and older, including children diagnosed with attention-deficit/hyperactivity disorder (ADHD) and autism spectrum disorder.

Trista became a member of Rome Memorial Hospital's occupational therapy services team in 2012 after earning her master's degree in occupational therapy from Utica College.

"When an individual is experiencing chronic pain, it can restrict their activities and impact quality of life," Trista says. "As an occupational therapist, I am passionate about assisting my patients to reduce the pain that is limiting their activity and helping them gain independence."

In a typical therapy session, the patient lies quietly, fully clothed, while the practitioner uses a light touch to detect restrictions and



Trista Richardson, MS,  
OTR/L

blocks in the craniosacral system. Soft, subtle adjustments allow the circulatory and nervous systems to function smoothly and encourage natural healing.

**TALK TO YOUR DOCTOR.** A physician's prescription is required to make an appointment to see an occupational therapist for craniosacral therapy. The therapy is covered by most major medical insurance carriers, including Medicare and Medicaid.



### Could CST help you?

Call Chestnut Commons Physical and Occupational Therapy at 315-337-7952. The office is open Monday through Thursday, 7 a.m. to 6 p.m., and Friday, 7 a.m. to 4 p.m. Chestnut Commons Physical and Occupational Therapy is located at 107 E. Chestnut St., Rome.



**CST is a gentle, hands-on method of evaluating and enhancing the function of a physiological body system called the craniosacral system to encourage natural healing.**



**MINIMALLY INVASIVE SPINE SURGERY:**

**Nicholas Qandah, DO, FACOS, has been named medical director of Neurosciences at Rome Memorial Hospital. Fellowship-trained in complex and minimally invasive spine surgery, Dr. Qandah is accepting new patients at his practice, Central New York Brain and Spine Neurosurgery Comprehensive Spine Center. Call 315-356-7780.**

# WORLD SPINE WITHOUT T

NEUROSURGEON NICHOLA  
JOINS ROME MEM

**N**EUROSURGICAL SERVICES are now available at Rome Memorial Hospital (RMH) with the addition of neurosurgeon Nicholas Qandah, DO, FACOS. Dr. Qandah serves as medical director of Neurosciences at RMH, where he performs surgery and treats patients with neurosurgical disorders.

Dr. Qandah, who is board-certified in neurosurgery and fellowship-trained in both orthopedic and neurosurgical spine, has opened a new office in Rome at Chestnut Commons, 107 E. Chestnut St., Suite 105.

Fellowship trained in complex and minimally invasive spine surgery, Dr. Qandah has special expertise and interest in regenerative and less-invasive treatments of the spine to get his patients better and back to enjoying life.

**ACCESS TO CARE—AND PEACE OF MIND.** “We are pleased to welcome Dr. Qandah and his practice, Central New York Brain and Spine Neurosurgery, to Rome to provide convenient access to care so our patients don’t have to travel out of town,” says David Lundquist, President and CEO of RMH. “In Dr. Qandah, we are bringing to Rome a world-class surgeon who has an established reputation of excellence in this region based upon his clinical expertise and his ability to communicate with patients and make them feel at ease.”

“Anyone who suffers from back or neck pain knows that the pain and discomfort can be debilitating and affect every part of life,” continues Lundquist. “Dr. Qandah provides his patients with options to relieve pain and restore function. Almost as importantly, he has the unique ability to communicate with patients and their families in order to ease their minds when they



# -CLASS CARE, HE TRAVEL

S QANDAH, DO, FACOS,  
ORIAL HOSPITAL

are facing what can be a difficult procedure or surgery.”

**COLLABORATIVE CARE.** “For the last several years I have been treating patients from the Rome area in my New Hartford office,” says Dr. Qandah. “It makes a lot of sense for me to offer convenient access for my patients in Rome.”

“What impresses me in Rome is the hospital’s demonstrated record for providing safe, high-quality patient care,” he explains. “Rome Memorial Hospital has been nationally recognized for its safety because the use of evidence-based practices is ingrained into their DNA.”

Dr. Qandah also praises the hospital’s willingness to facilitate his goal of opening an office for Central New York Brain and Spine Neurosurgery in Rome. “I have enjoyed working with the entire hospital team to establish this service in Rome for the convenience of our patients,” he says. “The collaborative environment is built upon a spirit of teamwork and respect. The hospital provides an atmosphere for us to work together to deliver the very best care for our patients.”

Dr. Qandah earned his medical degree from Midwestern University. After completing neurosurgical residency training at Virginia Tech Carilion Clinic, he was awarded the prestigious AO Complex Spine Fellowship in Orthopedics and Neurosurgery at the University of Washington–Harborview in Seattle, Washington.

After serving as the Director of Complex Spine at the Virginia Tech Carilion Clinic and Assistant Professor of Neurosurgery for the residency program, Dr. Qandah returned with his family to his wife’s hometown in Central New York, where they are committed to our community and supporting our patients.

## CENTRAL NEW YORK BRAIN AND SPINE NEUROSURGERY

— COMPREHENSIVE SPINE CENTER —



**Nicholas  
Qandah, DO,  
FACOS**

Nicholas Qandah, DO, FACOS, and Central New York Brain and Spine Neurosurgery are experts in:

- Spine surgery for patients with back and neck pain, spinal stenosis, degenerative disc disease, and herniated discs.
- Minimally invasive spine surgery.
- Treatment of brain tumors.
- Stroke and head injury treatment.
- Complex spine surgery.
- Surgery for adult scoliosis.
- Treatment of spinal tumors.
- Revision spine surgery.
- Stereotactic radiosurgery.
- Spinal cord stimulators.
- Treatment of spinal fractures.
- Treatment of neurological trauma.
- Pain management injections.

*Schedule your consultation. Dr. Qandah is accepting new patients and can be reached at the Central New York Brain and Spine Neurosurgery Comprehensive Spine Center by calling 315-356-7780.*

**Central New York Brain and Spine Neurosurgery**

*107 E. Chestnut Street, Suite 105*

*Rome, NY 13440*

# Our New Hospitalist Is Here for You

MEET MARK EMERICK, MD,  
DIRECTOR OF HOSPITALISTS AT RMH

**R**OME MEMORIAL HOSPITAL (RMH) welcomes Mark Emerick, MD, as medical director of the hospital's hospitalist team. Dr. Emerick is a member of Saint Joseph's Healthcare Hospitalist team and is responsible for administration of hospitalists in Rome as well as providing direct patient care.

"We are thrilled to welcome Dr. Emerick as medical director of the RMH Hospitalist Program," says Durinda Durr, MS, RN, Vice President of Clinical Services. "We are confident that he will assist with achieving our goals as we embark toward a transition of care model in support of population health management."

**EXPERIENCE AND VISION.** A graduate of the Ross University School of Medicine, Portsmouth, Dominica, Dr. Emerick served his residency in internal medicine at the Henry Ford Hospital in Detroit, Michigan. He received his bachelor of science in biochemistry from Michigan State University in East Lansing, Michigan. He is a member of the American Board of Internal Medicine. Dr. Emerick comes to Rome with more than 12 years of experience in hospital-based medicine.

"As director of the hospitalists, I hope to establish a highly functioning hospitalist program which is both successful and adaptable to the dynamic environment of health care delivery in the modern age," Dr. Emerick says. "In addition to caring for patients myself, I would like to recruit and retain a permanent group of hospitalists to deliver the highest possible quality of care to our patients."

"I am focusing on helping the hospital work and run efficiently as a system," he continues. "Part of my job is coordination between different partners to ensure that care is coordinated, timely and safe."

**HOSPITALISTS OFFER 24/7 CARE.** Hospitalists are available to patients 24 hours a day, 7 days a week, which relieves the burden of primary care physicians having to be called into the hospital in the middle of the night. While hospitalists provide acute care to patients while they are in the hospital, Dr. Emerick explains that hospitalists play a key role in the health care spectrum even after the patient has returned home.



"As a hospitalist, the first goal is to provide excellent care to Rome Memorial Hospital's patients, but that is only part of the job," he says. "Our work continues long after the patient has returned home, as we communicate with primary care physicians and help to arrange care plans going forward."

Originally trained as a biochemist, Dr. Emerick explains that the direct patient contact he gets as a hospitalist guided his career choice. "I have always been fascinated by the human body and the way it functions," he explains. "I moved to a career in medicine because I am a people person and being in a lab wouldn't allow me to have the kind of one-on-one relationship that hospitalists get to build with their patients."

Originally from Michigan, Dr. Emerick is no stranger to central New York's weather. "I enjoy the change of seasons and having a wide array of entertainment choices," he says. "I love the access we have to nature, lakes and outdoor activities."



## NEW PRIMARY CARE NURSE PRACTITIONER

# Lynne Philley Joins Delta Medical

**N**URSE PRACTITIONER Lynne Philley, MS, RN, A-GNP, CGRN, VA-BC, has joined the staff of Delta Medical and is accepting new patients.

Lynne joins Patricia Marrello, RN, FNP-C; Bridget Arquette, MS, ANP, FNP-C; Libby Gleasman, RN, FNP-C; and Katherine Freeman, RN, MS, FNP-C, at the adult primary care practice, located at 1819 Black River Blvd., Rome.

A graduate of St. Elizabeth College of Nursing, Lynne earned her bachelor's and master's degrees from Keuka College in Keuka Park, New York. She also completed her post-master's certificate for adult and gerontology nurse practitioner at Keuka College. Lynne also earned national certification in vascular access as well as gastrointestinal nursing.

With over 22 years' experience as a registered nurse, Lynne has been employed at Rome Memorial Hospital (RMH) since 2006. Prior to completing her certification as an adult nurse practitioner, she served as clinical nurse educator at the hospital.

"We are excited to have Lynne join our provider staff at Delta Medical," says Kristen Hutchins, RMH's Director of Primary Care Facilities. "Throughout her career she has continued to expand the scope of her patient care education, and she brings a wealth of knowledge and experience to her new role in primary care."

**'I LOVE BEING A NURSE.'** "I became a nurse practitioner because I love being a nurse," Lynne says. "As nurses, we are taught to relate to individuals, look at the details and approach health from a psychosocial model that takes environment and interpersonal relationships into account when addressing disease and wellness. The past few years of my career were in nursing education, which was very rewarding to me because I understand the vital importance of staying current in the advancement of health care. However, I missed the interpersonal relationships with patients. I wanted to advance my nursing skills to become a nurse practitioner to provide a higher level of care."

Lynne says she believes that part of what makes a good nurse practitioner is actually practicing as a nurse.



Delta Medical provides primary care for patients ages 19 and older. To schedule an appointment, please call **315-338-7184**.

"I do believe advanced practice nurses are a great adjunct to the medical community and do much to alleviate the physician

shortage," Lynne says. "For many nurse practitioners, it is a natural progression in our health care career, due to the years of experience we have as practicing registered nurses.

"I'm thankful that I am part of an excellent team of nurse practitioners, physicians and office personnel at Delta Medical," Lynne says. "It has been refreshing to see how they all work together to find the best health care plan for the patients in our community."

*"For many nurse practitioners, it is a natural progression in our health care career, due to the years of experience we have as practicing registered nurses."* ~ ~ ~

—LYNNE PHILLEY, MS, RN, A-GNP, CGRN, VA-BC





# Stronger Together

FAMILIES SHARE STRENGTH AND SUPPORT WHEN RECOVERING FROM ADDICTION

THE COMMUNITY Recovery Center (CRC) of Rome Memorial Hospital (RMH), certified by the state Office of Alcoholism and Substance Abuse Services, provides outpatient treatment for adults and adolescents who are chemically dependent on alcohol, prescription medications and illegal drugs.



Danielle Russell, CASAC

**HEALING THE WHOLE FAMILY.** “At the Community Recovery Center, we understand that the problems of substance abuse affect more than just the person who is addicted,” says Ashlee Thompson, MSED, CASAC, Director of Outpatient Behavioral Health Services. “We started the Addiction Family Support Group in 2015 to

provide support and education for family members dealing with the struggles, anxiety and fears they experience related to a loved one’s substance use disorder.”

Ashlee says that the CRC was already providing individual counseling for family members and significant others for those admitted in treatment. “However, due to an increased need in the community, we felt that we needed to offer more and started the Addiction Family Support Group for anyone to attend,” she says.

The group is currently lead by substance abuse counselor Danielle Russell, CASAC. Danielle has 10 years of experience in the field of addiction.


“Danielle has a genuine desire to help those around her,” Ashlee says. “She is empathic, attentive and very knowledgeable within the behavioral health field.”

“I love being able to let individuals and families know that they are not alone and that there is hope for their loved one and themselves to get through this,” Danielle says. “It is important to me to be able to share information about what the Community Recovery Center has to offer and to help them identify with alternative ways to help their loved ones without enabling them.

“The goal of the Addiction Family Support Group is to offer a place for loved ones of an addicted family member to share, gather strength, and learn about addiction and options for how to not only better help their loved one through the addiction/recovery process, but also how to better cope themselves with the difficulties that come along with an addiction,” Danielle continues.

The group is free and open to everyone but focuses specifically on the problems faced by those who have a loved one who is dealing with addiction. The group meets from 6 to 7 p.m. on the third Monday of each month in the second floor classroom at RMH.

Located at 264 W. Dominick St., Rome, the Community Recovery Center operates Monday and Friday from 8 a.m. to 4 p.m. and Tuesday through Thursday from 8 a.m. to 9 p.m. Medication-assisted treatment, including suboxone, is available in combination with counseling and behavioral therapies to provide a “whole patient” approach to treatment. The center participates with most major insurance programs, including Medicare and Medicaid. A sliding scale fee is available for self-pay clients.

 For more information about the Community Recovery Center, call **315-334-4701**.

CALL US!

## Rome Orthopedics & Sports Medicine



**Mihail Radulescu, MD, FRCS(c), FAAOS**  
Specializing in orthopedic surgery for over 16 years

**Total Care for Total Joints**

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## SENIOR CONNECTIONS

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